

ABSTRACT

The inventive steam cooking method is designed to be carried out in a cooking oven (1) provided with a steam generator (2, 4). The steam generator (2,4) comprises a water evaporation vessel (201) and a heating unit (200) which is in thermal contact with the water evaporation vessel (201). The method comprises a cooking phase, during which the water supply for the water evaporation vessel (201) is regulated. Regulation of the water supply comprises the following phases: temperature increase is detected in the heating unit (200) whereupon the supply of water to the water evaporation vessel (201) is triggered in the case of said temperature increase. The supply of water for the steam generator (2, 4) is thus triggered on the basis of a simple, reliable detection which is adapted to mass consumer products.